

## ***TRAINING & DEVELOPMENT OFFERINGS***

### ***Heart Saver Adult, Infant, Child CPR w/ AED and First Aid Training***

Course Includes: All course materials, book, keychain face shield, and course completion cards valid for 2 years

In the CPR portion of the course you will learn skills in CPR as well as skill in relieving foreign-body airway obstruction. It presents information about the AHA Chain of Survival and signs of heart attack, cardiac arrest, stroke and choking in adults. The course also presents information on the Pediatric Infant & Child Chain of Survival, signs of choking in infants & children, prevention of Sudden Infant Death Syndrome, and the most common fatal injuries for infants and children.

The First Aid portion of the course provides training in basic first aid procedures. The course is for people assigned as first responders to emergencies in the workplace or community. This includes corporate employees, security personnel, airline personnel, and other individuals who want or require first aid training. In this course you will learn the necessary skills to recognize an injured or suddenly ill person. You will learn ways to prevent childhood injuries and what to do in an emergency.

**Course**

**Certification:** Certification valid for 2 years

**Location:** 344 Broadway (City Hall Annex); 2<sup>nd</sup> floor conference room

**Time:** 9:00 am – 4:30pm

Registration is required and will be limited to the first 30 employees who sign up by calling Tareque Ahmed at ext. 4337 or by emailing him at [tahmed@cambridgema.gov](mailto:tahmed@cambridgema.gov)